

STEPS (Skills to Enhance Personal Success)

A Test Anxiety Inventory

Directions: Read each item below to see if it reflects your experiences in test taking. If it does, place a check mark on the line next to the number of the statement. Check as many as seem fitting. Be honest with yourself.

- 1. I wish there were some way to succeed without taking tests.
- 2. Getting a good score on one test does not seem to increase my confidence on other tests.
- 3. People (family, friends, etc.) are counting on me to do well.
- 4. During a test, I sometimes find myself having trains of thought that have nothing to do with the test.
- 5. I do not enjoy eating before or after an important test.
- 6. I have always dreaded courses in which the teacher has the habit of giving pop quizzes.
- 7. It seems to me that test sessions should not be made the formal, tense situations they are.
- 8. People who do well on tests generally end up in better positions in life.
- 9. Before or during an important exam, I find myself thinking about how much brighter some of the other test-takers are.
- 10. Even though I don't always think about it, I am concerned about how others will view me if I do poorly.
- 11. Worrying about how well I will do interferes with my preparation and performance on tests.
- 12. Having to face an important test disturbs my sleep.
- 13. I cannot stand to have people walking around watching me while I take a test.
- 14. If exams could be done away with, I think I would actually learn more from my courses.
- 15. Knowing that my future depends in part on doing well on tests upsets me.
- 16. I know I could outscore most people if I could just get myself together.
- 17. People will question my ability if I do poorly.
- 18. I never seem to be fully prepares to take tests.
- 19. I cannot relax physically before a test.
- 20. I mentally freeze up on important tests.
- 21. Room noises (from lights, heating/cooling systems, other test-takers) bother me.
- 22. I have a hollow, uneasy feeling before taking a test.
- 23. Tests make me wonder if I will ever reach my goals.
- 24. Tests do not really show how much a person knows.
- 25. If I score low, I am not going to tell anyone exactly what my score was.

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- ___ 26. I often feel the need to cram before a test.
- ___ 27. My stomach becomes upset before important tests.
- ___ 28. I sometimes seem to defeat myself (i.e., think negative thoughts) while working on an important test.
- ___ 29. I start feeling very anxious or uneasy just before getting test results.
- ___ 30. I wish I could get into a vocation that does not require tests for entrance.
- ___ 31. If I do not do well on a test, I guess it will mean I am not as smart as I thought I was.
- ___ 32. If my score is low, my parents will be very disappointed.
- ___ 33. My anxiety about tests makes me want to avoid preparing fully, and this just makes me more anxious.
- ___ 34. I often find my fingers tapping on my legs are jiggling while taking a test.
- ___ 35. After taking a test, I often feel I could have done better than I actually did.
- ___ 36. When taking a test, my emotional feelings interfere with my concentration.
- ___ 37. The harder I work on some test items, the more confused I get.
- ___ 38. Aside from what others may think of me, I am concerned about my own opinion of myself if I do poorly.
- ___ 39. My muscles tense up in certain areas of my body when I take a test.
- ___ 40. I do not feel confident and mentally relaxed before a test.
- ___ 41. My friends will be disappointed in me if my score is low.
- ___ 42. One of my problems is not knowing exactly when I am prepared for a test.
- ___ 43. I often feel physically panicky when I have to take a really important test.
- ___ 44. I wish teachers understood that some people are more nervous than others when taking tests, and that this could be taken into account when test answers are evaluated.
- ___ 45. I would rather write a paper than take a test for a grade.
- ___ 46. I am going to find out how others did before I announce my score.
- ___ 47. Some people I know will be amused if I score low, and this bothers me.
- ___ 48. I think I could do much better on tests if I could take them alone and/or not feel pressured by time limit.
- ___ 49. My test performance is directly connected to my future success and security.
- ___ 50. During tests, I sometimes get so nervous that I forget facts I really know.

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Test Anxiety Inventory Analysis

Four *Main Sources* of Test Anxiety:

1. Concerns about how others will view you if you do poorly
 - Items 3, 10, 17, 25, 32, 41, 46, 47
 - Total: _____
2. Concerns about your own self-image
 - Items 2, 9, 16, 24, 31, 38, 40
 - Total: _____
3. Concerns about your future security
 - Items 1, 8, 15, 23, 30, 49
 - Total: _____
4. Concerns about not being prepared for a test
 - Items 6, 11, 18, 26, 33, 42
 - Total: _____

Three *Main Expressions* of Test Anxiety:

1. Bodily reactions
 - Items 5, 12, 19, 27, 34, 39, 43
 - Total: _____
2. Thought disruptions
 - Items 4, 13, 20, 21, 28, 35, 36, 37, 48, 50
 - Total: _____
3. General test-taking anxiety
 - Items 7, 14, 22, 29, 44, 45
 - Total: _____

Reflect: How strong is each of these sources of test anxiety for you? _____

Reflect: How would you summarize your reactions to each of these sources? _____
